

# what's up?

## What's it all about?

Teens need immunizations. Many people don't know that immunizations are just as important for teens as they are for babies and young children.

Immunizations keep teens and their friends and family healthy by:

- Increasing their bodies' ability to fight diseases.
- Preventing the spread of disease to close contacts, like family members, who may not be fully protected.

## What can I do?

As parents and adults who care about teens:

- Make sure teens get regular health checkups that include immunizations. The American Academies of Pediatrics and Family Physicians recommend a health checkup for all youth 11–12 years. This visit is a good time to make sure immunizations are up-to-date or to get any that are needed.
- Ask about immunizations any time teens see their doctor or nurse, like during sports physicals and other checkups.
- Get teens any missed immunizations before they graduate from high school.
- Make sure teens have a complete record of all immunizations. They may need it to show proof of immunization for college, travel, employment, or the military.

## Which immunizations do teens need?

Adolescent Immunizations	How many?	Notes
<b>Recommended for most teens.</b>		
Tetanus, diphtheria, and pertussis (Tdap) and Tetanus – diphtheria (Td)	1 dose	Tdap should replace one Td booster for all teens 11 and older. Teens who had a Td booster need to wait at least two years before they get Tdap.
Human Papillomavirus (HPV)	3 doses	For females 11–12 years and up to 26 who have not been vaccinated.
Meningococcal (MCV4)	1 dose	For teens 11–12 years, teens starting high school, young adults in college who live in a dorm, and teens with certain medical conditions.

## Catch-Up Immunizations

### Recommended for teens who didn't get these childhood vaccines.

Hepatitis A	2 doses	
Hepatitis B	3 doses	
Measles, Mumps, and Rubella (MMR)	2 doses	
Polio	3 doses	Only for teens younger than 18 years.
Varicella (Chickenpox)	2 doses	Teens who had chickenpox don't need to be vaccinated, but record date of disease in their immunization record.

## Immunizations for At-Risk Teens

### Recommended for teens with certain health conditions or weakened immune systems.

Influenza (flu)	1 dose/year	For teens with chronic conditions such as asthma or diabetes, teens with weakened immune systems, teens who are pregnant, and teens who are family members or caregivers of high-risk people.
Pneumococcal (PPV)	1 or 2 doses	For teens with chronic conditions or weakened immune systems.

# IMMUNIZATIONS FOR TEENS

## INFORMATION FOR ADULTS WHO CARE ABOUT TEENS

### Why does it matter?

**Immunization is the single most important thing parents can do to protect their children from serious and sometimes deadly diseases.**

**Tetanus (lockjaw)** bacteria can enter the body through deep cuts or wounds. It can cause muscle spasms, breathing problems, and death.

**Diphtheria** spreads when a sick person coughs or sneezes. It can cause breathing and heart problems, coma, paralysis, and death.

**Pertussis (whooping cough)** spreads like diphtheria. It causes coughing spells that make it hard to eat, drink, or even breathe. It can cause pneumonia, seizures, brain damage, and death.

**Human Papillomavirus (HPV)** is a very common virus spread through sexual contact. Most people with HPV don't have symptoms. Long-term infection can cause genital warts or cervical cancer.

**Meningococcal (MCV4)** bacteria spread through close contact with infected persons by coughing, sneezing, kissing, or sharing anything by mouth, like utensils or toothbrushes. It can cause pneumonia, serious blood infections, and meningitis (swelling of the covering of the brain and spinal cord), with high fever, severe headache, light sensitivity, stiff neck, and rash. Severe disease can cause brain damage, and hearing or limb loss.

**Hepatitis A** virus spreads when a person puts something (food, water, hands, or an object) into their mouth that has infected feces on or in it. Hepatitis A spreads easily from one person to another in the same household or child care setting. Hepatitis A causes liver disease.

**Hepatitis B** virus spreads through contact with blood and other body fluids. It can cause long-term liver infection leading to life-threatening liver disease and liver cancer.

**Measles** virus spreads very easily when a sick person coughs or sneezes. It causes a high fever, cold-like symptoms, and a rash. It can lead to pneumonia, hearing loss, brain damage, and even death.

**Mumps** virus spreads the same way as measles. It can cause headache, fever, and swelling of the cheeks, neck, or jaw. It can lead to hearing loss, meningitis, and brain damage.

**Rubella** virus also spreads like measles. It can cause a slight fever and a rash on the face and neck. Pregnant women who get rubella can miscarry, or have babies that are blind, deaf, or have developmental delays.

**Polio** virus spreads easily when a person puts something (food, water, hands, or an object) into their mouth that has infected feces or saliva on or in it. It can cause permanent paralysis and even death. There is no treatment for polio and it still exists in other countries.

**Varicella (chickenpox)** virus spreads like measles. It causes an itchy skin rash with blisters and fever. It can be severe, especially for teens and adults. Varicella can cause serious skin infections, pneumonia, and meningitis.

**Influenza (flu)** virus spreads easily when a sick person coughs or sneezes. Most flu is mild in teens, but can be very serious for family members younger than 5 years and teens with chronic conditions like asthma, heart disease, or diabetes.

**Pneumococcal** bacteria spread like the flu virus. It can cause serious blood infections, pneumonia, or meningitis.

### hot links!

**Washington State Department of Health** [www.doh.wa.gov/cfh/immunize/adolescent.htm](http://www.doh.wa.gov/cfh/immunize/adolescent.htm)  
1-866-397-0337

**Centers for Disease Control and Prevention** [www.cdc.gov/nip/recs/teen-schedule.htm](http://www.cdc.gov/nip/recs/teen-schedule.htm)  
1-800-CDC-INFO (1-800-232-4636) TTY: 1-888-232-6348

**Society for Adolescent Medicine** [www.adolescenthealth.org/parents.htm](http://www.adolescenthealth.org/parents.htm)

**WithinReach Family Health Hotline** 1-800-322-2588

The Family Health Hotline can help families locate free or low-cost immunizations.

Washington State Department of Health  
DOH Pub 348-104 3/2007  
[www.doh.wa.gov](http://www.doh.wa.gov)

Resources listed here are provided as a public service and do not imply endorsement by the State of Washington.

References for source materials are available from the Immunization Program CHILD Profile, 360-236-3595.

For persons with disabilities, this document is available on request in other formats. Please call 1-800-525-0127.



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